

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

OFFICE OF PUBLIC HEALTH ADMINISTRATION
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FOR IMMEDIATE RELEASE

March 14, 2010
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THE HAPPIEST BABY ON THE BLOCK CLASSES

San Bernardino. The Happiest Baby on the Block classes are being offered free-of-charge at the Family Resource Center on 1525 W. Highland Avenue, San Bernardino, CA 92411. The classes are sponsored by First 5 San Bernardino in partnership with Children's Network and County of San Bernardino Department of Public Health.

The Happiest Baby on the Block program was developed by Harvey Karp, M.D., F.A.A.P to teach parents simple, effective, and fun techniques to quickly soothe their babies' cries and help them sleep a little longer.

Participants receive a free take home kit that contains a copy of "The Happiest Baby on the Block" DVD (has both English and Spanish tracks), and "Super-Soothing" sleep sounds CD.

The following classes are scheduled for the month of March from 6:00 p.m. to 7:30 p.m.:

- Tuesday March 15, 2011 (English)
- Tuesday March 22, 2011 (English)
- Tuesday March 29, 2011 (Spanish)

To register for the classes or for more information about "The Happiest Baby on the Block" parenting classes, please contact the Children's Network at (909) 383-9677.

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Gregory C. Devereaux
Chief Executive Officer

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